

## COOK SMART TO HELP STUDENTS EAT SMART REGIONAL WORKSHOP

This workshop will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the *2010 Dietary Guidelines for Americans* and the *new proposed USDA regulations*. Tips for cooking smart to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal will be covered. Menus, recipes and marketing ideas for utilizing the *USDA Foods* and locally grown or processed foods will also be reviewed.

The target audience is food service managers, cooks, and cook's assistants. This 4-hour training will include a lunch meal. The fee is \$35 per participant. Pre-registration is required. Class size is limited to 20 participants per site.

Department of  
Health and Human  
Development

### DATE AND LOCATION

<b>Missoula</b>	<b>April 7, Thursday</b>	Big Sky High School Family and Consumer Science Room Number 65 3100 South Avenue West
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### **The workshop is from 10:00 a.m. to 2:00 p.m.**

**TRAINING COST PER PARTICIPANT IS \$35.** Lunch is served as part of the workshop.  
**Please write check or purchase order to MSU and reference MTN Cook Smart Workshop.**  
Mail to MT Team Nutrition, MSU, PO Box 173370, Bozeman, MT 59717.

### **PRE-REGISTRATION IS REQUIRED**

**Deadline for Pre-registration is seven days before date of training or until class limit is met.**  
Call Montana Team Nutrition Program at (406) 994-5641 for more information.

Please note: This regional class will also be offered in five other locations during August or in the fall of 2011 throughout Montana. Additional sites will include: Bozeman, Great Falls, Havre, Kalispell and Miles City.

### ***Cook Smart Training Pre-registration (Please Print)***

Complete one registration form for each person attending and mail to Montana Team Nutrition Program, MSU, PO Box 173370, Bozeman, MT 59717, or fax to: **(406) 994-7300.**

**Montana Team  
Nutrition Program**  
202 Romney Gym  
PO. Box 173370  
Bozeman, MT 59717-3370  
  
Tel 406-994-5641  
Fax 406-994-7300  
Email kbark@mt.gov  
www.opi.mt.gov/schoolfood

Name and Title \_\_\_\_\_  
School District \_\_\_\_\_  
School Street Address \_\_\_\_\_ Town \_\_\_\_\_  
School Telephone \_\_\_\_\_ Home/Cell Telephone \_\_\_\_\_  
School E-mail \_\_\_\_\_  
Home E-mail \_\_\_\_\_

*In cooperation with  
the Montana Office of  
Public Instruction*